



EATING WELL ON A BUDGET



Healthy Eating Does Not Have to be Expensive

Cook from scratch. For snacks, choose fresh fruit instead of candy or chips.
This will be good for your health and your wallet.



Here are some tips to make your trip to the supermarket a success!

THINGS TO REMEMBER:	CHOOSE THESE:
<ul style="list-style-type: none">✓ Look for sales and weekly specials in the paper/circular. Stock up on non-perishables when on sale.✓ Plan a week's menus of meals and snacks, using food specials.✓ Make a grocery list before you go to the store from your menus.✓ Use coupons for must-have, name brand items.✓ Buy generic or store brand items. They are usually cheaper.✓ Do not go to the store hungry.✓ Stick to your shopping list.✓ Do not buy too much. This will lead to waste if the items spoil.✓ Compare the costs of food items. Use the unit prices to see which items cost more per ounce or pound.✓ Refrigerate tonight's leftovers to use for tomorrow's lunch.✓ Look for bagged spices. These are cheaper but just as good as the ones in jars.	<p>Water Packed Canned Tuna and Salmon Lean Ground Turkey & Beef Loin Cuts of Meat when on sale Chicken and Turkey when on sale Peanut Butter Dried Beans or Peas Eggs Canned Fruits in Water or Juice Fresh Fruits Fresh Vegetables (in season) Low-fat or Skim Milk Powdered & Evaporated Skim Milk Low-fat Cheese (Blocks) Sugar Free, Low-fat Yogurt Crackers Pasta Rice Day Old Whole Grain Bread Oatmeal, Grits, or Cream of Wheat Popcorn</p> <p>These items are healthy and low cost. Watch for Sales!</p>



THRIFTY CHILI



Chili is one of the most perfect thrifty meals around. It is economical, easy and nutritious. This dish can be eaten right away or stored in the freezer and eaten the next month!

INGREDIENTS

1 lb. Lean ground beef or turkey
1 Hard, white onion, chopped
2 Medium sized cans of red kidney beans (15 oz. each)
1 Large can tomatoes (28 oz)
1 Green pepper, chopped
1 Bay leaf (break as you add it)
1 Tbsp Chili powder (or more if you like it hot)

NUTRIENT ANALYSIS

Calories: 273
Protein: 25 grams
Carbohydrate: 20 grams
Fat: 10 grams total
Saturated Fat: 4 grams
Sodium: 520 mg

Food Exchanges: 1 starch,
1 vegetable, 3 lean meats

COOKING INSTRUCTIONS

Spray a nonstick frying pan with oil spray until it glistens. Cook onion and garlic until onions are limp, stirring with a plastic spoon. Scrape into a large saucepan. Cook ground beef in the same frying pan until crumbly and brown. Scrape onto a plate lined with paper towels. Blot and pat with another towel, absorbing as much fatty juice as possible. Add to the saucepan. Place kidney beans in a sieve or colander. Rinse with cool water. Add rinsed beans and all other ingredients to saucepan.

Stir, cover, and simmer for one hour. Stir occasionally. Add water if necessary. In general, the thicker it gets, the better it tastes. (This dish cooks well in an electric Crock-Pot). Instead of saltines, serve with hot tortillas. Serves four. Can be divided into smaller portions and stores in freezer.

